

fleet of Cadillacs, Buicks and Chryslers parked around the roadhouse where the learned meeting was held made 'the author' wonder." The evening was full of Rabelaisian jollity and the author soothed the doctors by telling them that the Wagner-Murray Bill was only a trial balloon.

Mr. De Kruijff believes on Page 102 that "the subtle opposition to Tom Spies' work" may have had an economic angle. The constant taking of ample vitamins by the public might lead to the latter visiting the doctor less often.

There are some interesting chapters on Dr. Kabat and Dr. Max Cutler (although the latter is not mentioned by name). The most fantastic part of the book deals with the author's visits to the San Francisco Bay area and his subsequent conversations with various members of the lay and professional staff of the Kaiser empire. These chapters are headed, "Part Five: The Last Maverick—Chapter XIII—What Sid Did; Chapter XIV—To Live or Die." It seems that "the boys—medical politicians—were getting set to give Sid's health plan the business."

"Among all of our medical mavericks we have never seen a more patient man than . . . What was the editor, in that marble-fronted white stone building that houses the American Medical Association in Chicago? He was the real brains, the leadership of the national organization of our doctors. The doctors' union. And how do doctors deliver their services to their more than 100 million customers? Overwhelmingly from their little individual cure stores—solo. And what should the leadership of the doctors' union do? Work for the doctors—for their *status quo*."

The author regards the fact that the California State Board of Medical Examiners treated certain physicians in accordance with the letter of the law (one of said physicians being Mr. Kaiser's medical manager) as evidence of conniving by the state medical association and the State Board of Medical Examiners. The pure fantasy would be amusing if it were not malignant. Coming from the pen of one who purports to have had scientific training and to have ability as a reporter, it can not be ignored. It is totally false and without foundation.

On the same page (405) as this unwarranted attack on the state medical association appears the statement that "At this time Sid had not had a penny in salary from the Permanent health plan operations." Four pages later the author "bangs about Lake Tahoe" in the very fast speed boats of Henry J. Kaiser who is said by some to be "the big, bold builder and high-powered supersalesman who shoves everybody around till he gets his way." The author fails to mention the elaborate dinner which he assisted Mr. Kaiser to give in San Francisco in 1947 at which that genial gentleman attempted to shove around and intimidate the elected leaders of the California Medical Association. He mentions luncheon with Franklin Delano Roosevelt in Chapter I; but no dinner with the President of the C.M.A. in Chapter XIII.

It will interest the staffs of Oakland hospitals to know that Mr. Kaiser's medical manager is "now operating in the black at the rate of \$600,000 yearly," these profits being put "into the expansion of his hospital and laboratory facilities and into their paying off their amortization."

Towards the end of the diatribe the author drifts back to his pet subject, the A.M.A. powerhouse. "It is the duty of the powerhouse boys to maintain the *status quo* of a hundred thousand little individual cure shops—a shop to fix up your sparkplugs, a shop to tinker with your carburetor, a shop to bump out your body—now threatened by the streamlined superservice station where groups of experts can give economical over-all care to your machine." Unlike the backward physicians of the Bay Area, the author hopes for the erection of a new Permanent Hospital and Health Plan in Los Angeles, where, he says, "the head doctors of

the three medical schools are actually for" this type of streamlined superservice station.

It is always good, albeit depressing, to see ourselves as others see us. If the "others" use a distorted looking-glass, perhaps all the more reason to peruse their effusions. Knowing that the medical profession in California has founded and supported the largest voluntary prepaid medical health plan in the world—a plan that permits its members to select any doctor or hospital, even Mr. Kaiser's hospitals and doctors—we can be tolerant of the strange commentaries of one who might have been a bacteriological Caesar. Especially so when even he admits a "profane boisterousness acquired from a somewhat rough life among rough men." One of his friends, he says, had an informal dignity which operated to quiet this boisterousness; "he makes me measure my words; he calms me down." Where was this fidus Achates when the author was reading proofs on this novel?

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**PRENATAL CARE.** Federal Security Agency—Social Security Administration—Children's Bureau. Completely rewritten, 1949.

This is an admirably prepared pamphlet, single copies of which are available to parents and professional workers without charge from the Children's Bureau in Washington. Additional copies may be purchased at 15 cents each. It, or a suitable substitute, should be read by all expectant parents, since it is well recognized today that a knowledge of the reasons for and content of prenatal and maternity care, and of the physiology of pregnancy and labor contributes greatly to the happy and successful culmination of this important event.

The pamphlet is written in simple, easily understandable terms. A brief description of the sections will serve to describe its contents. In the first section the signs of pregnancy are described. The advisability of early medical consultation is stressed, and helpful suggestions are given regarding the finding of appropriate obstetrical facilities, whether they be through private or clinic sources. The usual history, physical examination and laboratory tests are described. Pregnancy tests, the expected date of confinement, and maternal age are discussed.

The second section describes how the baby grows. A brief description is given of menstruation, ovulation and conception, as well as a chronicle of development at the various weeks of pregnancy. Helpful diagrams illustrate this section. The placenta and bag of waters are described. Determination of sex, abnormalities and twinning are discussed. Two important sections take up the psychological reactions of the prospective parents. Another section discusses the problem of introducing the subject of pregnancy to previous children, and the management of the situation when the new baby is born.

How to keep well during pregnancy is discussed from the point of view of diet, clothing, exercise, rest and sleep, marital relations, bathing, care of breasts and teeth, traveling, etc. Common discomforts and their significance are taken up in sensible fashion.

A list of the important signs of trouble is given. Clearly and simply discussed also are the problems of miscarriage, prolonged vomiting, toxemia of pregnancy, kidney infection, anemia, premature birth, the Rh factor, and chronic diseases.

Simple, well thought-out instructions are given with regard to the necessary preparations and supplies for the baby, and preparations for going to the hospital and the return home.

The process of labor is described with regard to the beginning of true labor, the length of labor and its stages, medicines and anesthetics, and operative procedures. Final sections take up the events of the puerperium and the care of the newborn babe. Special attention and advocacy are given to breast feeding.